

SNACKS & DESSERTS

Spicy Roasted Chickpeas

Makes 6 servings · about ⅓ cup each

SATIETY SCORE	NUTRITION
● ● ● ○ ○ 3 / 5	HIGH
Per serving (approx.): Protein 4 g · Fiber 4 g · Calories 90	

Ingredients

- 15 oz chickpeas (1 can, drained and rinsed, or soaked and boiled dried chickpeas)
- 1 Tbsp olive oil
- 1 Tbsp chia seeds
- ⅛ tsp cayenne pepper
- ¼ tsp ground cumin
- ¼ tsp ground paprika
- Salt to taste

Directions

1. Preheat the oven to 425°F.
2. Toss the chickpeas with the olive oil, chia seeds, and seasonings to coat evenly.
3. Spread on a baking pan and roast about 45 minutes, until crispy and crunchy.
4. Cool, then store in an airtight container in the refrigerator.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

Spicy Roasted Chickpeas

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Check off what you need — items are grouped by store section.

PANTRY & DRY GOODS

- ☐ 15 oz chickpeas (1 can, or soaked and boiled dried chickpeas)
- ☐ 1 Tbsp chia seeds

CHECK YOUR PANTRY

- ☐ Olive oil
- ☐ Cayenne pepper
- ☐ Cumin
- ☐ Paprika
- ☐ Salt